

*A selection from Interior Freedom, by Jacques Philippe.*

***Chapter II: The Present Moment (continued)***

***Part IV of VIII***

4. LET THE DAY'S OWN TROUBLE BE SUFFICIENT FOR THE DAY

One of the wisest sayings in the Gospel is “Let the day’s own trouble be sufficient for the day” (Matthew 6: 34). Let us absorb this lesson Jesus teaches. We often complain about how much we are suffering, without realizing that it’s our fault. As if today’s suffering weren’t enough, we add regrets about the past and worries for the future! It’s no surprise we feel overwhelmed. For life to be bearable, we must practice bearing today’s problems only.

The past casts its shadow over the present whenever we brood about old failures and yesterday’s choices. Of course we should ask God’s forgiveness for our faults and should learn from them where appropriate. But once we’ve said we’re sorry and meant it, that is enough. While seeking to make amends where possible for the harm we have caused, most of the time we should simply leave things in God’s hands, trusting him to put everything right. We must put a stop to attitudes or thoughts that keep us from living trustingly in the present moment.

Sometimes we feel we’ve wasted much time and missed all too many opportunities to love and grow. If the feeling leads to real repentance and to starting again courageously and trustingly, then it is something positive. But if the sense of time wasted gets us down and makes us feel we have ruined our lives, we must reject it. To lock ourselves in the past would only add another sin to those already committed. It would be a serious lack of trust in the infinite mercy and power of God, who loves us and wants always to offer us a new chance to become holy, despite the past. When the thought of how little progress we’ve made threatens to overwhelm us, we must make an act of faith and hope, such as: “Thank you, my God, for *all* my past. I firmly believe that you can draw good out of everything I have lived through. I want to have no regrets, and I resolve today to begin from zero, with exactly the same trust as if all my past history were made up of nothing but faithfulness and holiness.” Nothing could please God more than that!

To come:

- *Tomorrow can take care of itself*
- *Live, instead of waiting to live*
- *Availability to other people*
- *Psychological time and interior time*

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